THAT WHICH IS CLAIMED:

1. A fiber optic cable, said fiber optic cable comprising:

a fiber optic cable core, said fiber optic cable core includes at least one optical fiber; and

a cable jacket, said cable jacket generally surrounds said at least one optical fiber, wherein said cable jacket has an average shrinkage of about 2.0% or less.

2. The fiber optic cable according to claim 1, said fiber optic cable core further comprising a separation layer generally surrounding said at least one optical fiber.

3. The fiber optic cable according to claim 1, said average shrinkage being measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

4. The fiber optic cable according to claim 1, said average shrinkage of said cable jacket being about 1.5% or less.

5. The fiber optic cable according to claim 1, said average shrinkage of said cable jacket being about 1.0% or less.

6. The fiber optic cable according to claim 1, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.03 dB or less at a reference wavelength of about 1310 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

7. The fiber optic cable according to claim 1, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion

loss of about 0.04 dB or less at a reference wavelength of about 1550 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

8. The fiber optic cable according to claim 1, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.04 dB or less at a reference wavelength of about 1625 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

9. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 10,000 psi or less.

10. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 8,500 psi or less.

11. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 7,500 psi or less.

12. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a Shore A hardness, measured using ASTM D-2240, of about 95 or less.

13. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a Shore A hardness, measured using ASTM D-2240, of about 90 or less.

14. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a Shore A hardness, measured using ASTM D-2240, of about 85 or less.

15. The fiber optic cable according to claim 1, said cable jacket being formed from a thermoplastic elastomer (TPE).

16. The fiber optic cable according to claim 1, said cable jacket being formed from a thermoplastic polyurethane (TPU).

17. The fiber optic cable according to claim 1, said cable jacket being formed from a polyether type thermoplastic polyurethane (TPU).

18. The fiber optic cable according to claim 1, said cable jacket being formed from a partially cross-linked chlorinated polyolefin.

19. The fiber optic cable according to claim 1, said cable jacket being formed from a material having an ultimate ASTM D-412 elongation in the range of about 350 percent to about 700 percent.

20. The fiber optic cable according to claim 1, said cable jacket being formed from material having an ultimate ASTM D-412 elongation in the range of about 400 percent to about 650 percent.

21. The fiber optic cable according to claim 1, said cable jacket having a generally non-circular cross-section.

22. The fiber optic cable according to claim 1, said cable jacket being formed from a material having a melting onset

temperature being about 110°C or greater.

23. A fiber optic cable, said fiber optic cable comprising:

a fiber optic cable core, said fiber optic cable core includes at least one optical fiber and a separation layer, said separation layer generally surrounding said at least one optical fiber; and

a cable jacket, said cable jacket generally surrounding said separation layer, wherein said cable jacket is formed from a material having an ultimate ASTM D-412 elongation in the range of about 350 percent to about 700 percent.

24. The fiber optic cable according to claim 23, said cable jacket having an average shrinkage of about 2.0% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

25. The fiber optic cable according to claim 23, said cable jacket having a shrinkage of about 1.5% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

26. The fiber optic cable according to claim 23, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.03 dB or less at a reference wavelength of selected from the group of about 1310 nm, about 1550 nm, and 1625 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

27. The fiber optic cable according to claim 23, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 10,000 psi or less.

28. The fiber optic cable according to claim 23, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 8,500 psi or less.

29. The fiber optic cable according to claim 23, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 7,500 psi or less.

30. The fiber optic cable according to claim 23, said cable jacket being formed from a material having a Shore A hardness, measured using ASTM D-2240, of about 95 or less.

31. The fiber optic cable according to claim 23, said cable jacket being formed from a partially cross-linked chlorinated polyolefin.

32. The fiber optic cable according to claim 23, said cable jacket being formed from a material being selected from the group of a polyether type thermoplastic polyurethane, a partially cross-linked chlorinated polyolefin, a thermoplastic polyurethane (TPU), a thermoplastic elastomer (TPE), a thermoplastic vulcanizates (TPVs), and polyvinylidene fluorides (PVDFs).

33. The fiber optic cable according to claim 23, said cable jacket being formed from a material having a melting onset temperature being about 110°C or greater.

34. A fiber optic cable, said fiber optic cable comprising:

a fiber optic cable core, said fiber optic cable core includes at least one optical fiber and a separation layer, said separation layer generally surrounding said at least one optical fiber; and

a cable jacket, said cable jacket generally surrounding said separation layer, wherein said cable jacket is formed from a material having a flexural modulus, measured using ASTM D790, of about 10,000 psi or less.

35. The fiber optic cable according to claim 34, said cable jacket having an average shrinkage of about 2.0% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

36. The fiber optic cable according to claim 34, said cable jacket having a shrinkage of about 1.5% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

37. The fiber optic cable according to claim 34, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.03 dB or less at a reference wavelength of selected from the group of about 1310 nm, about 1550 nm, and 1625 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

38. The fiber optic cable according to claim 34, said cable jacket being formed from a material having an ultimate ASTM D-412 elongation in the range of about 350 percent to about 700 percent.

39. The fiber optic cable according to claim 34, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 8,500 psi or less.

40. The fiber optic cable according to claim 34, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 7,500 psi or less.

41. The fiber optic cable according to claim 34, said cable jacket being formed from a material having a Shore A hardness, measured using ASTM D-2240, of about 95 or less.

42. The fiber optic cable according to claim 34, said cable jacket being formed from a partially cross-linked chlorinated polyolefin.

43. The fiber optic cable according to claim 34, said cable jacket being formed from a material being selected from the group of a polyether type thermoplastic polyurethane, a partially cross-linked chlorinated polyolefin, a thermoplastic polyurethane (TPU), a thermoplastic elastomer (TPE), a thermoplastic vulcanizates (TPVs), and polyvinylidene fluorides (PVDFs).

44. The fiber optic cable according to claim 34, said cable jacket being formed from a material having a melting onset temperature being about 110°C or greater.

45. A method of manufacturing a fiber optic cable comprising:

paying off at least one optical fiber and at least one separation element;

defining a cable core by placing said at least one separation element adjacent to said at least one optical fiber; and

extruding a cable jacket around said cable core, wherein said cable jacket is formed from a material having an ultimate elongation, measured using ASTM D-412, being in the range of about 350 percent to about 700 percent.

46. The method of claim 45, said cable jacket having an average shrinkage of about 2.0% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

47. The method of claim 45, said cable jacket having an average shrinkage of about 1.5% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

48. The method of claim 45, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.03 dB or less at a reference wavelength selected from the group of about 1310 nm, about 1550 nm and 1625 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

49. The method of claim 45, the step of extruding said cable jacket being accomplished by a tube-on process.

50. The method of claim 45, said step of extruding having a draw-down ratio (DDR) of about 2 or less.

51. The method of claim 45, the step of extruding said cable jacket further comprising a flexural modulus of said material, measured using ASTM D790, of about 10,000 psi or less.

52. The method of claim 45, the step of extruding said cable jacket further comprising a flexural modulus of said material, measured using ASTM D790, of about 8,500 psi or less.

53. The method of claim 45, the step of extruding said cable jacket further comprising a flexural modulus of said material, measured using ASTM D790, of about 7,500 psi or less.

54. The method of claim 45, the step of extruding a cable jacket further comprising a Shore A hardness of said material, measured using ASTM D-2240, of about 95 or less.

55. The method of claim 45, the step of extruding said cable jacket further comprising a Shore A hardness of said material, measured using ASTM D-2240, of about 90 or less.

56. The method of claim 45, the step of extruding said cable jacket further comprising a Shore A hardness of said material, measured using ASTM D-2240, of about 85 or less.

57. The method of claim 45, the step of extruding said cable jacket further comprising said material being selected from the group of a polyether type thermoplastic polyurethane, a partially cross-linked chlorinated polyolefin, a thermoplastic polyurethane (TPU), a thermoplastic elastomer (TPE), a thermoplastic vulcanizates (TPVs), and polyvinylidene fluorides (PVDFs).

58. The method of claim 45, said step of extruding said cable jacket further comprising said material having a melting onset temperature being about 110°C or greater.

59. A method of manufacturing a fiber optic cable comprising:

paying off at least one optical fiber and at least one separation element;

defining a cable core by placing said at least one separation element adjacent to said at least one optical fiber; and

extruding a cable jacket around said cable core, wherein said cable jacket is formed from a material having a flexural modulus, measured using ASTM D790, of about 10,000 psi or less.

60. The method of claim 59, said cable jacket having an average shrinkage of about 2.0% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

61. The method of claim 59, said cable jacket having an average shrinkage of about 1.5% or less during a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

62. The method of claim 59, said fiber optic cable being a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.03 dB or less at a reference wavelength selected from the group of about 1310 nm, about 1550 nm, and 1625 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

63. The method of claim 59, the step of extruding said cable jacket being accomplished by a tube-on process.

64. The method of claim 59, said step of extruding said cable jacket having a draw-down ratio (DDR) of about 2 or less.

65. The method of claim 59, the step of extruding said cable jacket further comprising an ultimate elongation of said material, measured using ASTM D-412, being in the range of about 350 percent to about 700 percent.

66. The method of claim 59, the step of extruding said cable jacket further comprising a Shore A hardness of said material, measured using ASTM D-2240, of about 95 or less.

67. The method of claim 59, the step of extruding said cable jacket further comprising said material being selected from the group of a polyether type thermoplastic polyurethane, a partially cross-linked chlorinated polyolefin, a thermoplastic polyurethane (TPU), a thermoplastic elastomer (TPE), a thermoplastic vulcanizates (TPVs), and polyvinylidene fluorides (PVDFs).

68. The method of claim 59, said step of extruding said cable jacket further comprising said material having a melting onset temperature being about 110°C or greater.

69. A fiber optic cable, said fiber optic cable comprising:

a fiber optic cable core, said fiber optic cable core includes at least one optical fiber and a separation layer, said separation layer generally surrounding said at least one optical fiber; and

a cable jacket, said cable jacket generally surrounding said separation layer, wherein said fiber optic cable is a portion of an interconnect cable assembly, said interconnect cable assembly having an average delta insertion loss of about 0.03 dB or less at a reference wavelength selected from the group of about 1310 nm, about 1550 nm, and 1625 nm during a thermal cycling test that cycles the temperature between a minimum of -40°C and a maximum of 85°C.

70. The fiber optic cable according to claim 69, said cable jacket having an average shrinkage of about 2.0% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

71. The fiber optic cable according to claim 69, said cable jacket having an average shrinkage of about 1.5% or less measured about 1 hour after a cable jacket shrinkage test conducted at a temperature of 110°C for 2 hours with the cable core removed.

72. The fiber optic cable according to claim 69, said cable jacket being formed from a material having a flexural modulus, measured using ASTM D790, of about 10,000 psi or less.

73. The fiber optic cable according to claim 69, said cable jacket being formed from a material having a Shore A hardness, measured using ASTM D-2240, of about 95 or less.

74. The fiber optic cable according to claim 69, said cable jacket being formed from a thermoplastic elastomer (TPE).

75. The fiber optic cable according to claim 69, said cable jacket being formed from a thermoplastic polyurethane (TPU).

76. The fiber optic cable according to claim 69, said cable jacket being formed from a polyether type thermoplastic polyurethane (TPU).

77. The fiber optic cable according to claim 69, said cable jacket being formed from a partially cross-linked chlorinated polyolefin.

78. The fiber optic cable according to claim 69, said cable jacket being formed from a material having an ultimate elongation, measured using ASTM D-412, being in the range of about 350 percent to about 700 percent.

79. The fiber optic cable according to claim 69, said cable jacket being formed from a material having a melting onset temperature being about 110°C or greater.

80. The fiber optic cable according to claim 69, said cable jacket being formed from a material being selected from the group of a polyether type thermoplastic polyurethane, a partially cross-linked chlorinated polyolefin, a thermoplastic polyurethane (TPU), a thermoplastic elastomer (TPE), a thermoplastic vulcanizates (TPVs), and polyvinylidene fluorides (PVDFs).